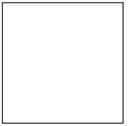




MyoRehab

It's Not All in Your Head!

By Victoria L Magown



GOT PAIN? Call MyoRehab at 505-872-3100 and schedule an appointment. You can find us at www.myorehab.net and we are conveniently located at 4263 Montgomery Blvd. NE, #200, ABQ, NM 87109.

In the last article, we highlighted one of Melissa Hernandez's patients and how specific treatment of fascia can completely resolve pain of 20 years. In this article, we will highlight one of Michael Finnegan's patients and how even when told she would have to live with the pain, persistence paid off and she is becoming pain-free and more functional every day.

Do you have pain that doesn't show up on an MRI or an X-Ray? Do you feel that the only way to ease your pain is through medication?

Myofascial pain and dysfunction won't show up on any MRI or X-Ray, and often occurs in places and patterns that defy traditional pain patterns. Our goal through Integrated Myofascial Trigger Point Therapy is to help the patient find where the pain is coming from through postural analysis and orthopedic testing. We then treat the muscles and fascia involved, gently realign the joints and help them to develop a healthier and more pain-free lifestyle through home exercise and postural correction.

One of my patients (we will call Nancy), came for treatment just over two months ago and was in copious amounts of pain, constantly. She had pain in her hips, low back and the arches of her feet. She could not sit down for more than three or four minutes and walking for more than five minutes would exhaust her. She had constant stomach aches that had been bothering her for twenty years, and to exacerbate the situation, was taking Vicodin to ease her pain and suffering. She also was getting steroid epidural injections that would only relieve the pain for a while. Nancy was told by her former doctor that she would just have to take the medication and live with it.

Well, in just over two months the pain in Nancy's hips, low back and arches of her feet have all been significantly decreased. The stomach aches have subsided, as well as the cramping in her legs and toes. We have identified some detrimental postural habits and given her stretching exercises specific to the muscles involved with her chronic pain patterns.

Nancy states, "Everything has changed for me. I am active again. I can bend over to tie my shoes; walk across the UNM campus...I can fall asleep at night without excruciating pain. I feel much more peaceful and hopeful. I can't thank you enough for all you have done for me so far. It feels like a miracle is happening for me. And, whenever I have pain or discomfort, all I have to do is rest and do my exercises and I feel better."

The great thing about the decreased pain is that because of the Integrated Myofascial Trigger Point Therapy treatments, she has experienced all of these positive results while significantly

reducing her medication. She is taking her life back into her own hands now and her friends and family all notice the differences in her life.

Although we still have more treatment to do, Nancy is confident she can actually take control of her pain and do something about it if she has a flare up. Making her aware of what those steps are in taking control is one of the most significant keys to our success with her. Step by step, we are giving her life back to her.

If this is something you are experiencing, I implore you to come to **MyoRehab**. While we treat you and significantly decrease or completely eliminate your pain, we will teach you how to control the flare ups and improve your quality of life!

Both Melissa and Michael are Certified Myofascial Trigger Point Therapists and are here to help you take charge of your life!

**GOT PAIN?
WE HAVE ANSWERS**

MyoRehab
872-3100

**Providing drug-free treatment
for pain relief for over 30 years.**